

SMART Goal Worksheet & Setback Reflection Journal

A companion to Parenting Podcast and Anger Manage Solutions for Parents

SMART Goal Worksheet

Use this worksheet to set a clear, manageable goal that supports your anger management journey.

Specific

What exactly do you want to accomplish? (e.g., Practice deep breathing every morning)

Measurable

How will you track your progress? (e.g., Journal entries, habit tracker)

Achievable

Is this goal realistic given your current routine and responsibilities?

Relevant

How does this goal support your overall parenting and emotional regulation?

Time-bound

What is your target timeline? (e.g., Over the next 4 weeks)

Setback Reflection Journal

Use this journal page to reflect on a recent challenge and adjust your approach moving forward.

Situation

Describe a recent moment when your anger management plan didn't go as expected.

Cause

What triggered the setback? (Stress, sleep, conflict, etc.)

Adjustment

What changes can you make to your action plan or daily routine to support success next time?

Support

Who can you talk to for help, encouragement, or advice?

Self-Compassion

What kind words can you say to yourself? How can you be more forgiving and kind to yourself right now?

Self-Care

List one or two self-care activities you can do to recharge (e.g., walk, bath, journaling, hobby).
